



# Carnahan Fitness Center

Carnahan Courthouse  
1114 Market St.,  
Room 770,  
St. Louis, MO 63101

**Hours of Operation**  
Monday through Friday  
6am-7pm

## Become a Member



Contact the City BeeFit Wellness Program at  
[EmployeeWellness@stlouis-mo.gov](mailto:EmployeeWellness@stlouis-mo.gov) or  
314-622-4849 to sign-up for your **FREE**  
membership.

Fitness Center is open to City employees only.

## Amenities:

Locker rooms  
Showers  
Treadmills  
Ellipticals  
Rower  
Seated stairstepper  
Bikes

Cable/Smith machine  
Dumbbells  
Resistance bands  
Foam rollers  
Stability balls  
Adjustable benches  
Stretching